



## Diamond Heart® Europe 4 International Diamond Approach® Group

Diamond Heart® Europe 4 (DHE4) is the only international group based in Europe that is still open to new students.

Having started in 2021 the group meets for two week-long residential retreats a year in Northern Germany. The retreats are taught in English.

The Diamond Approach® is a contemporary spiritual path that embodies the wisdom of the old spiritual traditions as well as the knowledge of modern psychology. It is a path of discovering and realizing the essential nature, our True Nature.

Inquiry is the main practice and helps the consciousness to open up to both the conditioned personality and to all the essential qualities that are inherently present as our nature. This process is further supported by meditation and body practices.

The residential retreat format includes large group teachings with inquiry exercises, small group inquiry work, and individual sessions with a teacher. Between the residential retreats students will be offered opportunities to engage with the teaching through regional or online in- between groups.

The group is guided by a team of five teachers: Christa Jonas, Konnie Schneider, Odile van Eck, Oliver Schumann, and Tanja Weigmann.

The directors are Jeanne Rosenblum and Rob Merckx.

### **Future dates:**

**2025:** 16 – 23 March and 12 – 19 October

**2026:** 15 – 22 March and 25 October to 1 November

**2027:** 07 – 14 March and 10 - 17 October

For further **information and application** for DHE4, please contact

[christa.jonas@diamondapproach.org](mailto:christa.jonas@diamondapproach.org) or see <https://www.diamondapproach.org/group-detail/15223>

